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Making Bread of Peanut Flour.

A baking company in Gainesville, Fla., working in co-operation with B. F. Williamson, a chemist of that city, has put peanut bread upon the market, and is securing wide distribution for it in that locality. The peanut flour used is made from peanut cake left after oil extraction. It contains a satisfactory percentage of fat and is said to have almost twice the nitrogenous food value of dried beef-44 per cent for peanut flour against 25 per cent for dried beef. One-fifth peanut flour to four-fifths wheat flour produces a balanced ration, supplying necessary ingredients furnished by bread and meat in human diet.-Scientific American.

\$100 Reward, \$100 Catarrh is a local disease greatly influenced by constitutional conditions. It therefore requires constitutional treatment. HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System. HALL'S CATARRH MEDICINE destroys the foundation of the disease, gives the patient strength by improving the general health and assists nature in doing its work. 180.00 for any case of Catarrh that "HALL'S CATARRE MEDICINE fails to cure.

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Not Quite as Good. "What did papa do when you asked him to give you my hand?" He-He put down his foot.

Our idea of a fool man is one who valts for the bartender to tell him when he has had enough.



Our Part in Feeding the Nation

Openial Suformation Service, United States Department of Agriculture.) ENGLAND FINDS WOMEN NEED TRAINING FOR FARMS



On Practice Farms, Sometimes Conducted at Agricultural Colleges, English Women Learn to Do Light Farm Work.

ENGLAND TO USE WOMEN ON FARMS

Attempt, Not Only to Maintain Agricultural Production, but to increase it.

PLAN TO OBTAIN VOLUNTEERS

Must Pass Examination as to Ability to Endure Work-Labor Usually Undertaken Has Been Connected With Live Stock.

Great Britain has attempted, on account of the submarine warfare, not only to maintain her agricultural production but to increase it. To do this an active campaign was undertaken to place women on the land. This work is carried on under the direct supervision of their national board of agriculture. The organization is somewhat similar to that found in our county agent organization, there being district agents, a county community with a county organizer and local agents in every county. The functions of the local organizations are: first, men land workers; se ond, to train them; and third, to find farms for them to work on. The work of obtaining volunteers has been carried on by means of posters, personal visits, meetings, competitions, and so

As soon as a woman indicates her desire to take up work on the land, she must submit to a physical examination in order that the committee may be sure that she is physically fit to endure the strain of farm work. She is also examined as to her personality, in order to determine whether she can get on with farm conditions.

Types of Practice Farms. After she has been accepted, she is sent to one of the practice farms. These farms are of various types. In some instances they are agricultural colleges that have been turned over to the training women. In other instances, the women are gathered together in a home and sent out to the neighboring farms to be trained by experienced farm workers. In still other instances successful farmers have turned their farms over to the county organizations to be used in training women, the women living on the farm and participating in all operations. During the training period the workers are without any expense as far as their living is concerned, and are furnished with a complete outfit, consisting of boots, clogs, leggings, breeches, hat,

and two pairs of overalls. Work Undertaken. The most usual types of agricultural labor undertaken by the workers have been those connected with live stock and intensive farming, such as growing mangel, raising calves, milking, care of live stock, etc. The period of training generally lasted four weeks. If, at the end of this time, the students showed sufficient skill, they were listed and efforts were made to place them on farms. However, before any of the women land workers were allowed to undertake farm work, the farm was inspected and suitable quarters were found for the workers. Their experience seems to show that It is impracticable to send the women out to work as individuals, but that they must be kept together. As a result of this situation, usually one member of the group becomes matron of the party and general chaperon. Another, more skilled than the rest, becomes group leader or forewoman. Although many of the workers were from the well-to-do classes, they were compelled to accept the prevailing wage in the community and were required to do as much as the regular agricultural workers for the same

In order to increase the demand for women workers, and to add interest in this kind of work, competitions have been held throughout the country. The competitors were judged upon their ability to milk, kill and dress poultry, harness horses, hoe root-crops, drive a harrow, spread manure, trim a hedge, and drive a cart. Thus it is found that our English-speaking allies have increased their production under actual war conditions.

England's experience in training more than 300,000 women to help make up the deficiency in man power on her farms will be valuable to workers in this country should it become necessary under labor stringencies in certain sections to enlist women farm workers. At this time it is not apparent to officials of the United States department of agriculture that the farm labor needs will require the services of women in other than the lighter tasks to which they already are accustomed. But in order that food production plans for this year shall not fall down, the department has advised its field representatives to be prepared to encourage women to perform farm labor if the situation demands it.

Towns Can Help Farmers.

There is an opportunity now for urban people sympathetically and constructively to study the farm-labor situation and to render assistance, said David F. Houston, secretary of agriculture, in a recent statement. In many towns and cities there are men who have had farming experience, who are able-bodied and who doubtless would be willing to serve the nation in the field of agriculture at this time; Especially for the seasonal strains of planting, cultivating and harvesting, it will not be too much to ask such men to aid the farmers in the necessary undertaking of maintaining and, if possible, supplementing, the food supply in order to feed the armies and to sustain the civilian population behind them.

If it appears that the farmers of a community or segion are not able to secure the necessary labor by the usual methods, then the leaders in the town or city immediately dependent upon that region should organize, establish touch with representative farm leaders, and see if they cannot assist in solving the problem. The department of agriculture and labor will render every possible aid, but each community knows its own problems, and urban people, especially business men, could co-operate effectively with the farmers and also render much assistance.

Men and Boys First!

The farmers will need human help to handle and harvest the vast acreages needed to produce enough bread for the nation and the allies. This work calls for brawn, muscle, physical endurance. Time to think of women at heavy work in the fields when there are no American men and boys to be spared from store, office or factory.

No business save fighting and providing the things fighters must have to win battles is more important than producing enough food. Give your attention to food production on some farm. Help your employees to get out to the farms at harvest and other critical

Work Women Can Do.

Women and girls who wish to help the farms produce more food can be of immediate service in the lighter farm tasks such as fruit and berry picking, sorting and packing. They can help over-busy farm women in their household tasks, especially in preparing the large amount of food needed for harvesting crews.

Indirectly they can help the farmers with their heavy work by taking the place of their men folks who perform lighter tasks in office, store, or factory, thereby relieving these men at critical times to go out to the farms and help with the heavy work unsuited to women's physical strength.

GOVERNMENT BULLETINS

It costs you nothing to get government bulletins from the department of agriculture at Washington, giving results of experiments made by poultry experts. These bulletins contain information on all phases of poultry raising, from proper building facilities to the brooding of early hatched chicks.

Tonight! Take Dodson's Liver Tone! Better Than Calomel For Liver

Calomel sickens! If bilious, constipated and headachy read my guarantee.

Calomel is mercury or quicksliver, which causes necrosis of the bones. Calomel, when it comes into contact with sour bile, crashes into it, breaking it up. This is when you feel that awful nausea and cramping. If you are sluggish and "all knocked out," if your liver is torpid and bowels constipated or you have headache, dizziness, coated tongue, if breath is bad or stomach sour, just take a spoonful of harmless Dodson's Liver Tone.

Liver Tone for a few cents. Take a gripe and they like its pleasant taste, spoonful tonight, and if it doesn't -Adv.

Cats Blamed for Fires.

In spite of the fact that many people are fond of cats, a number of charges are made against this unresponsive domestic animal. It has been pointed out that they are carriers of disease germs and enemies of bird life, in addition to the old allegation that they draw the breath of infants from the later's lungs.

A new count has been added to the indictment. Cats may have been re sponsible for fires supposed to be incendiary or due to spontaneous combustion. It is well known that friction will generate electricity in a cat's fur, and according to a recently published statement, this electricity is capable of igniting illuminating gas.

GREEN'S AUGUST FLOWER

Has been used for all ailments that are caused by a disordered stomach and inactive liver, such as sick headache, constipation, sour stomach, nervous indigestion, fermentation of food, palpitation of the heart caused by gases in the stomach. August Flower is a gentle laxative, regulates digestion both in stomach and intestines, cleans and sweetens the stomach and alimentary canal, stimulates the liver to secrete the bile and impurities from the blood. Sold in all civilized countries. Give it a trial.-Adv.

Proving Nothing. "I pride myself on always getting to the pottom of a thing. "That's nothing; so does a bar-

To keep clean and healthy take Dr. Pierce's Pleasant Pellets. They regulate liver, bowels and stomach.-Adv.

Lots of women haters are afraid to mention it to their wives.

Listen to me! Take no more sicken-| straighten you right up and make you ing, sativating calomel when billous or feel fine and vigorous by morning, I constipated. Don't lose a day's work! want you to go back to the store and get your money. Dodson's Liver Tone is destroying the sale of calomel because it is real liver medicine; entirely vegetable, therefore it can not salivate or make you sick.

I guarantee that one spoonful of Dodson's Liver Tone will put your sluggish liver to work and clean your bowels of that sour bile and constipated waste which is clogging your system and making you feel miserable. I guarantee that a bottle of Dodson's Liver Tone will keep your entire fam-Here's my guarantee-Go to any lly feeling fine for months. Give it to drug store and get a bottle of Dodson's your children. It is harmless; doesn't

> Making the Baby Useful. "Bridget's had brenkfast late every morning this week. Can't you do something to get her up on time?"

> "Well, there's the alarm clock." "That doesn't always go off. Lend her the baby."-Boston Transcript.

> Many a man imagines that he is in the glare of publicity when the public isn't aware of his existence.

Some men's littleness is by far the biggest part of them.

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There's little peace when your kidneys are weak and while at first there may be nothing more serious than dull backache, sharp, stabbing pains, headaches, dizzy spells and kidney irregularities, you must act quickly to avoid the more serious trouble, dropsy, gravel, heart disease, Bright's disease. Use Doan's Kidney Pills, the remedy that is so warmly recommended everywhere by grateful users.

A Tennessee Case



C. A. Mitchell, 14 Seventh Ave., 3., Nashville, Tenn., says: "I dizzy spelis, too.
Do a n's Kidney
Pills rid me of all these troubles."

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JUST TRY IT AND SEE how much better you feel in the merning. That "loggy," handachy, tired, don't-know-what's-the-matter feeling will be gene-you'll feel fine.

ROUBLE IS, your system is clogged with a lot of impurities that your over worked digestive and eliminative organs can't get rid of. Pills, oil, salts, calomel and ordinary laxatives, cathartics and purges only force the bowels and prod the liver.

Nature's Remedy (NR Tablets) acts on the stomach, liver, bowels and even kidneys, not forcing, but toning and strengthening these organs. The result is prompt relief and real, lasting benefit. Make the test. Nature's Remedy will act promptly, thoroughly, yet so mildly, so gently, that you will think nature her-self has come to the rescue and is doing the work.



And oh, what a relief! You'll be surprised to find how much better you feel-brighter, better every way. If habitually or stubbornly con-stipated, take one NR Tablet each night for a week. Then you'll not have to take medicine every day. Just an occasional NR Tablet after that will be sufficient to keep your system in good condition — keep you feeling your best. Get a 25 / Box





R Tonight -Tomorrow Feel Right Get a 25° Box

As Age Advances the Liver Requires occasional slight stimulation. CARTER'S LITTLE LIVER PILLS CONSTIPATION Brent Good

Colorless or Pale Faces usually indicate the absence of Iron in the blood, Carter's Iron Pills a condition which will be greatly helped by Carter's Iron Pills



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